

February 2012



## Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

### February is American Heart Health Month

According to the Centers for Disease Control and Prevention (CDC), heart disease is the number one cause of death and is a major cause of disability in the United States.

We can take charge of our heart health through the following steps:

- Quit smoking
- Get regular blood pressure checks
- Have your cholesterol checked often
- Lose weight if needed
- Eat healthy
  - Choose lean meats, low fat dairy, and low sodium foods
  - Limit saturated, trans fat, and sugar sweetened beverages,
  - Drink alcohol only in moderation
  - Watch portion sizes
- Exercise 30 minutes five days per week
- Get regular medical checkups

Know the signs and symptoms of a heart attack:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint



- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

**Call 9-1-1 immediately at the onset of heart attack symptoms.**

For more information:

American Heart Association—<http://www.heart.org>

CDC - <http://www.cdc.gov/heartdisease/>

Kentucky Department for Public Health—<http://chfs.ky.gov/dph/info/dpqi/cd/cardiovascular.htm> ■

## **Do You Need Help Managing a Chronic Condition?**

Chronic conditions such as diabetes, arthritis, or high blood pressure make life difficult for many. Learn to manage these conditions through the Chronic Disease Self Management Program (CDSMP).

This program teaches you to take control of your chronic conditions through weekly workshops over six weeks that focus on the below topics:

1. Ways to deal with problems such as frustration, fatigue, pain and isolation
2. Exercise for improving strength, flexibility and endurance
3. Use of medications
4. Learn how to speak with family, friends and health care workers about your condition
5. Nutrition
6. How to evaluate new treatments

Almost 1,000 Kentuckians have already taken this course. If you are interested in joining them, contact your local Area Agency on Aging and Independent Living or the Kentucky Department for Aging and Independent Living at 502-564-6930.

### **Kentucky Cabinet for Health and Family Services Department for Aging and Independent Living**

275 East Main Street 3E-E  
Frankfort Kentucky 40621  
Phone: 502-564-6930

<http://chfs.ky.gov/dail/default.htm>